

Day of the Week_____Monday_____													Fruits & Vegetables ONLY		All Other Items	
Menu __1__ of __5__																
Menu	Components, Extras, & Condiments	Portion Size	CN Label	Component Contribution							Recipe/ Brand	Total # of Planned Servings	Added Fat	Added Sugar	Nutritional Info.	
			Y/N	M/MA	TG	WGR	GBD	F	V	M			Y/N	Y/N	Calories	Sat. Fat
Toasted Cheese Sand		1 sand		1.75	2	2		1/2 c	7/8 c	1 c	yes	100			291	6
Turkey Cheese Sand	lite ranch dssing	1 sand		2	2	2		1/2 c	7/8 cup	1 c	yes	100				
															276	3
Chef Salad	dressing	1 salad		2	1	0		1/2 c	1 3/4 c	1 c	yes	50			275	3

M/MA = Meat/Meat Alternate; TG= Total Grains;

WGR = Whole Grains; GBD = Grain Based Desserts; F = Fruits; V=Vegetables; M=Milk;

Vegetable Subgroup Worksheet ; Please list in decimals; for example .25 would be for 1/4 cup											
Salad								Daily Total		Added Sugar	Added Fat
For Additional Resources, click on the following links:			Dark Green	.25 c	Cup	.75 c	Cup		Cup	N/A	
• Using the Food Buying Guide (determine component contribution)			Red/Orange	.375 c	Cup	0.375	Cup		Cup		
• Using the Grain Equivalency Chart			Beans/Peas (Legumes)		Cup		Cup		Cup	N/A	
• Calculating the Calories in a Recipe (Using SuperTracker)			Starchy		Cup		Cup		Cup	N/A	
			Other	.25 c	Cup	0.25	Cup		Cup	N/A	